


SFSD MONTHLY MEAL PLANNER : February 2021

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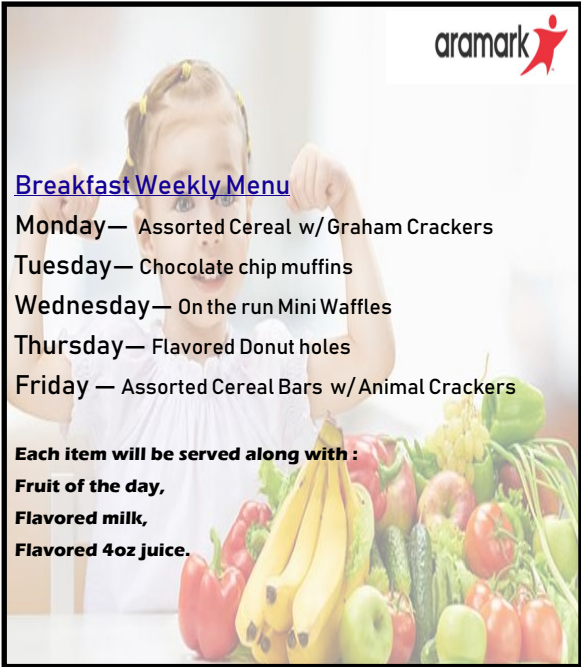
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	1 Waffles W/ sausage <i>with</i> VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	2 Popcorn Chicken <i>with</i> VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Apples	3 Hamburgers or Cheese Burgers <i>with</i> VEG Of The Day South west corn Fruit of the Day Sliced Oranges	4 Chicken Patty Sandwich <i>with</i> VEG Of The Day Peas Fruit of the Day Cupped Fruit	5 Mozzarella sticks Side / Marinara Sauce <i>with</i> VEG Of The Day Celery Sticks w/dip Fruit of the Day Strawberries
	8 Pancakes served W/ sausage <i>with</i> VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	9 Chicken Nuggets <i>with</i> VEG Of The Day French Fries Fruit of the Day Sliced apples	10 Meatball Sandwich <i>with</i> VEG Of The Day Corn on the Cob Fruit of the Day Sliced Oranges	11 Tony's Deep Dish Pizza <i>with</i> VEG Of The Day Carrot Sticks w/ dip Fruit of the Day Cupped Fruit	12  Depots will still be open from 12:00pm to 1:15pm on this day .
WEEK 2	15  Depots will still be open from 12:00pm to 1:15pm on this day .	16 Mac & Cheese <i>with</i> VEG Of The Day Peas Fruit of the Day Sliced Apples	17 General TSO Chicken w/ Dinner Roll <i>with</i> VEG Of The Day Fried Rice Fruit of the Day Raisins	18 Chicken Nuggets <i>with</i> VEG Of The Day Southwestern Corn Fruit of the Day Cupped Fruit	19 French bread Pizza <i>with</i> VEG Of The Day Side Salad Fruit of the Day Fresh Grapes
	22 French Toast Sticks Served w/ Sausage <i>with</i> VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	23 Spaghetti W/ Meatballs <i>with</i> VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Apples	24 Cheesy Mashed Potato w/ Popcorn Chicken <i>with</i> VEG Of The Day Peas Fruit of the Day Raisins	25 Hamburgers or Cheeseburgers <i>with</i> VEG Of The Day French Fries Fruit of the Day Cupped Fruit	26 Pepperoni Pizza Sticks <i>with</i> VEG Of The Day Carrot Sticks w/ Dip Fruit of the Day Fresh Strawberries
WEEK 3	Depot Schedule for February will remain the same. Distribution will be on Mondays, Wednesdays & Fridays . Locations will be at Limerick and 5,6,7 Building . Depot times will be from 4:15 to 6:00. Please be aware that we will be distributing meals on Friday February 12 and Monday February 15. Please see schedule of meals below. If you have any questions please contact Scott Orsini at sorsiiic@spring-ford.net				
WEEK 4	Mondays Distribution Meal #1 Tuesdays menu / Meal #2 Wednesdays menu Fridays Distribution Meal #1 Mondays Menu / Meal #2 Requested Weekend meals		Wednesdays Distribution Meal #1 Thursdays Menu / Meal #2 Fridays Menu		
WEEK 5	 				



Breakfast Weekly Menu

Monday— Assorted Cereal w/ Graham Crackers
 Tuesday— Chocolate chip muffins
 Wednesday— On the run Mini Waffles
 Thursday— Flavored Donut holes
 Friday — Assorted Cereal Bars w/ Animal Crackers

Each item will be served along with :
Fruit of the day,
Flavored milk,
Flavored 4oz juice.



Alternative Cold Lunch Menu

Monday— Turkey & Cheese hoagie
 Tuesday— Garden salad served with roasted chicken strips
 Wednesday— Buffalo Chicken Wrap
 Thursday— Caesar salad served with roasted popcorn chicken
 Friday — Ham & Cheese served on a club roll

All sandwiches will be served with Bagged carrots and fruit of the day.
All salads will be served with fruit of the day.